

FITNESS SCHEDULE

	MON	TUES	WED	THU	FRI	SAT
6 am						
7 am						
<p>TO GET ON THE TEXT MESSAGING SERVICE TEXT YOUR FAVORITE CLASS NAME AND TEACHER TO 801-939-9229 EXAMPLE: TONE AND SCULPT WITH NIKKE</p>						
9 am						
10 am						

NOVEMBER

CLASS DESCRIPTIONS



BARRE FUSION

SCULPT CLASS WITH A FUSION OF PILATES, YOGA, STRENGTH TRAINING AND LOW-IMPACT CARDIO



HIGH FITNESS

HIGH CALORIC BURN & FULL BODY TONING THROUGH EASY TO FOLLOW CHOREOGRAPHY. JOIN IN WITH INTENSE CARDIO PEAKS & TONING TRACKS



STEP

CHOREOGRAPHED ROUTINE COMBINE STEP AEROBICS WITH BODY SCULPTING, SLIDING, OR FUNK AEROBICS.



3-2-1 HIIT

HIGH INTENSITY INTERVAL TRAINING
3 MINUTES - STRENGTH
2 MINUTES - CARDIO
1 MINUTE - CORE
BURSTS OF INTENSE EXERCISE WITH PERIODS OF REST OR LOWER-INTENSITY EXERCISE



TONE & SCULPT

CHALLENGING BODY SCULPTING CLASS DESIGNED TO INCREASE STRENGTH & MUSCLE TONE. USE WEIGHTS, RESISTANCE



BODY BLAST

CARDIO CHARGED WORKOUT WITH CHALLENGING CARDIO SEGMENTS, RESISTANCE TRAINING, AND INTENSE CORE WORK. USING DIVERSE FITNESS EQUIPMENT



HIGH LOW FITNESS

CARDIO CHARGED WORKOUT THAT IS HIGH ENERGY & LOW IMPACT



FARMINGTON GYM

MONDAY-SATURDAY 5:45AM-10PM

294 SOUTH 650 WEST

(801) 939-9229

FARMINGTON.UTAH.GOV



FACE MASKS ARE RECOMMENDED BUT NOT MANDATORY.

OUR CHILDCARE IS STILL NOT AVAILABLE. IF YOU WISH TO BRING A CHILD THAT WILL NOT BE PARTICIPATING AND UNDER THE AGE OF 7 THEY MUST BE SECURED IN A STROLLER.

NON-PARTICIPATING CHILDREN ARE NOT ALLOWED ON THE BLEACHERS DURING FITNESS CLASSES

fitness schedule

NOVEMBER

FARMINGTON GYM

THANKSGIVING DAY

HIGHT FITNESS CLASS

9AM



JOIN US